



**Evaluation:**

**Why was this initiative successful?**

More than 3000 people participated, 819 were Gundersen Lutheran employees and 2221 were community members. 108 businesses participated. 1870 people completed the challenge. Outcomes measures are currently being analyzed including waist circumference

**What did employees like/not like about this initiative or receive from this initiative?**

There was positive feedback about having this type of challenge in the spring. It was a good way to get out and start moving after a long winter. The participation incentive the first year was a pedometer, and the second year a tape measure.

**What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative?** We will be repeating this event next year for the third time. Changes will be made in the data base to better accommodate registration, reporting of minutes and emailing participants.

**Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.**

Yes